



World Basketball Day is observed on **December 21**, commemorating the invention of the sport by **Dr. James Naismith** in **1891**. The day celebrates basketball's universal appeal and its power to unite people across different cultures and nations. It encourages participation in the sport and promotes values such as teamwork, athleticism, and healthy competition, highlighting the positive influence of basketball on both the individual and community level.

10. First-Ever World Meditation Day



World Meditation Day is being celebrated for the first time on **December 21, 2024**, following a resolution by the **United Nations General Assembly (UNGA)**. The event aims to raise awareness about the **mental, physical, and social benefits of meditation** and its potential to foster peace and unity worldwide. With the theme **“Meditation for Global Peace and Harmony,”** the day encourages people to embrace meditation as a tool for improving personal well-being and global solidarity.